



Goodwin Elementary Announcements & Events

Notices for 9/23/16

- ***Connecticut Physical Fitness Assessment***
- ***Walk to School Wednesday October 5th***
- ***Picture Retake Day Wednesday, October 19th***
- ***After School Learning Clubs - Homework Club for Grades 2, 3, & 4***



"A Whale of a School"

THE DOROTHY C. GOODWIN ELEMENTARY SCHOOL



Susan Muirhead, *Principal*

321 Hunting Lodge Road • Storrs, Connecticut 06268 • (860) 429-6316 • Fax: (860) 487-5641
www.mansfieldct.org/schools/goodwin

Dear Parents/Guardians,

September 23, 2016

The 2016-2017 school year marks the twenty fifth year for the **Connecticut Physical Fitness Assessment (CPFA)**. We will be using the **3rd Generation of the CPFA with new standards and fitness zones**. Physical fitness is an important component of Connecticut's overall education program goals. Physical fitness should be a result of the balance of activities that are provided in the physical education programs at school and continued by the family and in other community activities. This assessment should be a part of the ongoing process of helping children understand, improve and/or maintain their physical health and well-being.

The goals of the assessment program are to:

- provide for continual monitoring of students' fitness levels in targeted grades;
- identify a student's weaknesses and strengths so that areas in need of improvement can be seen and individual programs can be developed;
- inform students and parents about student fitness status; and
- inform schools, districts and the public about programs focusing on fitness and physical activity in our schools and evaluate their success.

Health-related fitness focuses on optimum health and prevents the onset of diseases and problems associated with inactivity. Maintaining an appropriate level of health-related fitness allows a person to meet emergencies, reduce the risk of disease and injury, work efficiently, participate and enjoy physical activity (sports, recreation, leisure) and be one's physical best.

The emphasis of the CPFA is on health related fitness, which focuses on reducing the risk of injury and disease. Physical education and this assessment should be a part of the ongoing process of helping children improve and/or maintain their physical health and well-being. Using criterion-referenced standards three performance zones have been defined to describe a range of fitness. These zones are the **Needs Improvement Zone (I)**, **Health Fitness Zone (F)** and the **High Fitness Performance Zone (H)**. Students who perform at the Needs Improvement Zone do not meet health related standards for their age. Students who perform at the Health Fitness Zone meet the health related standard for their age. Students who perform at the High Fitness Performance Zone exceed the health related standard for their age. If a student meets or exceeds the standard on a test item for his or her age and gender, the students will be considered to have "met the standard" for fitness on that item. **To be considered physically fit, a student must meet the standards on all four items at the Health Fitness Zone Level.** Attached are the 2016 CPFA Standards for your information.

The test items are: **back-saver sit and reach curl-ups, right-angle push-ups and a one-mile run/walk**. The test items assess the performance objectives of flexibility, strength and endurance, upper body strength and endurance, and aerobic endurance.

All students in Grades 3 and 4 will be tested, except for students with a physical disability or condition whose participation in the test items would be contraindicated because of their health and who have a medical excuse on file in the school. Students will be tested by their physical education teacher during regularly scheduled physical education class. The CPFA will be administered between September 26 and November 10, 2016.

If you have any questions or concerns about the CPFA, please feel free to contact me at Goodwin Elementary School as soon as possible by telephone 429-6316, extension 7458 or by email deansk@mansfieldct.org

Sincerely,

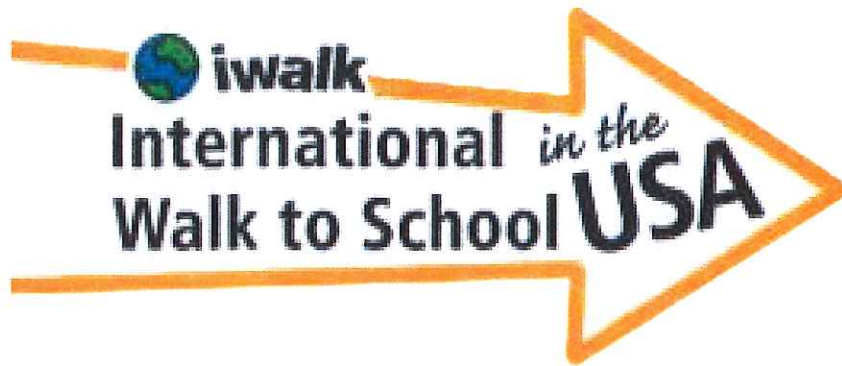
Stephen Dean
Physical Education Teacher

CONNECTICUT PHYSICAL FITNESS TEST

Standards for Health-Related Fitness Zones

| BOYS | | Sit and Reach | Right Angle Push-Ups | Curl-Ups | One-Mile Run/Walk |
|--------|-------------------------------|---------------|----------------------|--------------|-------------------|
| Age 7 | Needs Improvement Zone | 0 to 6 | 0 to 3 | 0 to 4 | More than 12:45 |
| | Health Fitness Zone | 7 | 4 to 11 | 5 to 17 | 10:15 to 12:45 |
| | High Fitness Performance Zone | | More than 11 | More than 17 | Less 10:15 |
| Age 8 | Needs Improvement Zone | 0 to 7 | 0 to 4 | 0 to 5 | More than 12:30 |
| | Health Fitness Zone | 8 | 5 to 13 | 6 to 20 | 10:00 to 12:30 |
| | High Fitness Performance Zone | | More than 13 | More than 20 | Less than 10:00 |
| Age 9 | Needs Improvement Zone | 0 to 7 | 0 to 5 | 0 to 8 | More than 12:00 |
| | Health Fitness Zone | 8 | 6 to 15 | 9 to 24 | 9:30 to 12:00 |
| | High Fitness Performance Zone | | More than 15 | More than 24 | Less than 9:30 |
| Age 10 | Needs Improvement Zone | 0 to 7 | 0 to 6 | 0 to 11 | More than 11:30 |
| | Health Fitness Zone | 8 | 7 to 20 | 12 to 24 | 9:00 to 11:30 |
| | High Fitness Performance Zone | | More than 20 | More than 24 | Less than 9:00 |

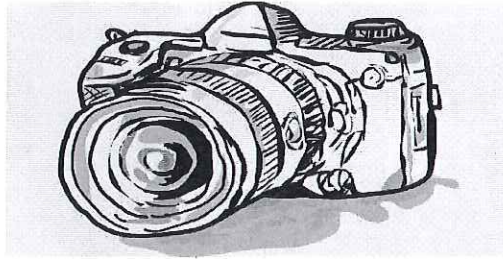
| GIRLS | | Sit and Reach | Right Angle Push-Ups | Curl-Ups | One-Mile Run/Walk |
|--------|-------------------------------|---------------|----------------------|--------------|-------------------|
| Age 7 | Needs Improvement Zone | 0 to 7 | 0 to 3 | 0 to 4 | More than 12:45 |
| | Health Fitness Zone | 8 | 4 to 11 | 5 to 17 | 10:15 to 12:45 |
| | High Fitness Performance Zone | | More than 11 | More than 17 | Less than 10:15 |
| Age 8 | Needs Improvement Zone | 0 to 8 | 0 to 4 | 0 to 5 | More than 12:30 |
| | Health Fitness Zone | 9 | 5 to 13 | 6 to 20 | 10:00 to 12:30 |
| | High Fitness Performance Zone | | More than 13 | More than 20 | Less than 10:00 |
| Age 9 | Needs Improvement Zone | 0 to 8 | 0 to 5 | 0 to 8 | More than 12:30 |
| | Health Fitness Zone | 9 | 6 to 15 | 9 to 22 | 9:30 to 12:30 |
| | High Fitness Performance Zone | | More than 15 | More than 22 | Less than 9:30 |
| Age 10 | Needs Improvement Zone | 0 to 8 | 0 to 6 | 0 to 11 | More than 12:30 |
| | Health Fitness Zone | 9 | 7 to 15 | 12 to 26 | 9:30 to 12:30 |
| | High Fitness Performance Zone | | More than 15 | More than 26 | Less than 9:30 |



Oct 5, 2016

***Please join us on Wednesday at the Holinko
Apts on Hunting Lodge Rd by 8:30 am for a
walk to Goodwin Elementary (rain or shine)
parents are welcome***





PICTURE RETAKE DAY

Wednesday October 19th

For retakes: Please follow instructions on
the back of the package from

G & B photography.

If your child was absent on picture day and
you would like to have their picture taken,
please request an order form from your
child's teacher.

Dorothy Goodwin Elementary School

A great place to grow and learn!

*Bus transportation is available for families who are
unable to pick students up at 5:00*

After School Learning Clubs

Homework Club
Grades 2, 3, 4

STUDENT
NAME: _____

GRADE AND TEACHER : _____

ADDRESS: _____

DAYTIME
PHONE NUMBER: _____

_____ I WILL PICK MY CHILD UP AT 5:00

_____ AT 5:00, PLEASE HAVE MY CHILD RIDE
_____ BUS TO HOME ADDRESS ABOVE

PLEASE RETURN THIS FORM BY:

MONDAY OCTOBER 3, 2016

QUESTIONS, PLEASE EMAIL JUDY QUINN

QUINNJD@MANSFIELDCT.ORG



TUESDAYS AND
THURSDAYS

Hours
3:30—5:00

October 18—November 17

The purpose of these sessions is to provide additional time for students in the area of reading, writing and math. Students receiving intervention services will be given priority for enrollment and a lottery will be used to fill remaining slots.



Bus transportation is available for families who are unable to pick students up at 5:00.

A light snack will be provided. All children enrolled in this after school program will have the opportunity to spend some time completing homework with school personnel.

Future Sessions:

January 10-Feb. 9

March 7—April 6